

# Cardiovascular Health in Missouri



## Are you at risk for having a stroke?

### Non-modifiable Risk Factors

- ♥ Age
- ♥ Race/Ethnicity
- ♥ Sex
- ♥ Family history

### Modifiable Risk Factors

- ♥ **HYPERTENSION**
- ♥ Smoking
- ♥ Diabetes
- ♥ High Cholesterol
- ♥ Physical inactivity
- ♥ Poor nutrition

## Stroke Warning Signs

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion or trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Call **9-1-1** immediately if you experience these symptoms. Receiving treatment within **three hours** can greatly reduce the risk of permanent damage.

## Did you know?

Stroke is the **3<sup>rd</sup>** leading cause of death for African American males and females in Missouri. One in 17 African Americans will die of stroke.

Stroke disproportionately affects males. African American males are 25% more likely to die from a stroke than African American females.

Stroke disproportionately affects African Americans at an early age. Many African Americans who die of stroke die before the age of 65.

Hypertension is the leading risk factor for stroke, and people with diabetes are at elevated risk for stroke.